

SPORTS & FITNESS

B SECTION

On Post

Labor Day Softball

A tournament will be held Sept. 12-13. Entry fee is \$100 and deadline to register is Sept. 10. Tournament is limited to 20 teams with 15 players per team. For more information, call 767-8328 or 352-6749.

Soccer League

The Fall six-man soccer league registration deadline is Sept. 22. Games will be played on Mondays and Wednesdays. Each company will be allowed one team and should submit entries to Sports Director's office.

For more information call 767-8328 or 352-6749.

Golf Scramble

1/351 Aviation will present the 5th Annual Nighthawk Classic Tournament at Taylor's Creek Golf Course. It will be a four-man team format open to all golfers on Sept. 19. Sign-in is 7:10 a.m. and shotgun start is 8 a.m.

All golfers/teams must pre-register by Sept. 17. For more information call 767-0787/2370 or 844-0577.

Sports Commissioners

The sports office at Fort Stewart and Hunter are looking for volunteer commissioners for flag football, softball, basketball and volleyball. For more information call 767-8238 or 352-6749.

Driving Range

The putting green is being enlarged from 4,800 sq. ft. to 14,000 sq. ft.. The teeing area and short game practice facility is also being enlarged and renovated. The projected opening date is late September.

Operation Star

All ages needed for future stars. If you are a dancer, singer, band member, cheerleader, break dancer, stepper or rapper please sign up. Organizations are invited and welcome.

For more information please call 767-4491/4493.

Lotts Island Marina

Equipment Rental Center is open Mondays, Thursdays and Fridays 11 a.m. to 5 p.m. and Saturdays, Sundays and holidays 7 a.m. to 3 p.m.

For more information call 352-5974.

Hunter Skeet Range

Open Saturdays 9 a.m. until noon, Thursdays 4-9 p.m.. Hunter Education course is required for on-post hunting permit. Please call 352-2734.

Men's and Co-ed Leagues

The entry deadline for the Fall softball leagues is Sept. 26 and the entry fee is \$175. Leagues are open to all military and civilians.

Playoffs will be for 1st and 2nd place team trophy, 15 individuals trophies for each place and regular season 1st place trophy.

Off Post

Liberty County YMCA

Register now for the following sports and programs:

- Adult co-ed basketball tournament, Sept. 6. This will be double elimination, registration deadline is Wednesday, Sept. 3 and the cost is \$150 per team.
 - Youth soccer ages 3-10
 - Adult co-ed flag football league
 - Adult 6v6 soccer tournament
 - Gymnastics and cheernastics.
- For more information call 368-5311.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-5979. Deadline is noon on Fridays.

With high hopes ...



Sgt. Sam Hoffman

Fort Stewart's Army 10-miler team stretches out before practice. The team holds practice before 6 a.m. to avoid the heat from the rising sun.

3D team prepares for 10-miler

Sgt. Sam Hoffman

Staff Writer

Sgt. 1st Class Dyrle Osbourne has been running no less than four miles five days a week for the past few years.

"Gradually build yourself up. Just add on a mile each week or month," he said.

Last week at the tryout, he, along with nine teammates, qualified to run in the Army 10-miler next month, under the 3rd Infantry Division (Mechanized) banner.

Osbourne distinguished himself by being the only Reservist to make the team, and he is also the oldest at 54 years of age.

Osbourne said that he maintains a high level of fitness through intense cardio-vascular training, concentrated weight training and

nutrition.

"I'm pretty much an advocate of health and fitness. You want to work the total body," he said.

Interestingly, Osbourne began running to help alleviate a lower back syndrome. "After I'd start running, I realized that my back pain was less severe," he said.

Team captain, 1st Lt. Bob Miske, said he has faith in his team and gives them freedom to train to

their ability.

"We have a range of 20 to 30 minutes that (participants) finish in," he said.

According to Miske, singularly focused practices could leave little benefit to the more advanced runners on the team and be counter-productive

for the slower members.

His job mainly consists of providing runs and "loops" on post and arranging time for practice.

"We're trying to get together (at practice) mostly for camaraderie," he stated.

Miske will be running in his second 10-miler and is also training for the Chicago marathon.

Sgt. 1st Class Edith Davis is one of two women on the team.

"It feels good to represent Fort Stewart," she said.

Davis trains by running out five miles, making a 10-mile course.

"I've tried to map out a five-mile route, and I try to add on a half-mile when my body feels ready and then run back to my house," she said.

Davis thanked her unit for giving her the chance to take time to practice for the race.

She added, "I originally told them this is what I wanted to do ... they've been very supportive."

"Gradually build yourself up. Just add on a mile each week or month."

Sgt. 1st Class Dyrle Osbourne
Fort Stewart 10-miler team

goarmysports.ocsn.com

WEST POINT, N.Y. — The Army volleyball team recorded its first two victories of the season this afternoon after defeating visiting Providence College, 3-0, and the University of Hartford, 3-1, to wrap up the two-day Army Invitational at Gillis Field House. Army and Hartford concluded the weekend with identical records of 2-1 overall, while Providence remains winless on the season at 0-3.

In the first match, freshman Eileen Cassidy and senior Jen Wynn combined for 25 of the team's 42 kills en route to a 3-0 sweep over Providence.

The victory was the first win ever for the volleyball team over Providence in seven meetings. Cassidy matched her kill total from yesterday's match with Air Force with a match-high 14, while Wynn put down 11 kills and led the defense with five solo blocks. Clinging to a 5-2 lead, the Black Knights surged past the Friars on a 14-4 run, using a balanced attack which featured kills by four different Army players.

The Friars closed to within 28-19 on a kill by Katie Fleming, but after an Army timeout, Abigail Stampfler came up with a big block and the Black Knights scored the decisive point on a Friar ball handling error.

Libero Becky Brown tallied 11 digs in the victory while Cassidy finished with a double-double of 14 kills and 10 digs.

Erin Kennedy also had a solid all-around match, totaling five

kills, nine digs and six service aces.

Providence was led by Ayana Cadres who registered nine kills and eight digs, while Fleming finished with seven kills and a team-high 11 digs.

In Army's second match of the day and third of the tournament versus Hartford, the Black Knights had to overcome a dazzling performance by the Hawks' Stephanie Volckers, who finished with 23 kills and 20 digs, both tournament highs. But the Black Knights used a steady scoring attack of their own to wear down the Hawks. The first game was tied eight times and neither team led by more than five points. Army held the advantage for most of the contest but the Hawks rallied down the stretch and took over the lead on several occasions. In fact, both teams were able to fight off game-points in the opponents favor. Army staved off one game-point thanks to a Hawk hitting error to knot the game at 30-30. On the next exchange, setter Abby Casciato placed the ball

perfectly in the back corner of the court to give Army a game-point of its own. But the Hawks drew even once again on a kill by Volckers to make it 31-31. Finally, Cassidy was able to put the game away with a pair of kills and the Black Knights escaped with the narrow victory.

The second game was another feisty battle but the Black Knights maintained their lead from the opening rally. The Hawks committed 13 hitting errors in the second game alone. Cassidy and Kennedy had four kills apiece as Army was able to stave off another late push by Hartford and came away with a 30-25 win. But in the third game, the Hawks made their move early on and the Black Knights never recovered. Hartford held a 10-point edge at one point but the Black Knights continued to inch their way back into it. Trailing 21-11, the Black Knights scored seven unanswered points to pull to within 21-18.

Army closed to within two (28-26) on a service ace by Kennedy and after another kill by Volckers

gave Hartford a 29-26 edge, the Black Knights got the side out on a ball handling error by Erin Bailey. But it was too little too late as Hartford's Teri Connolly recorded one of her three solo blocks to seal the victory for Hartford, 30-27.

The fourth game was dominated by Army as the Black Knights recorded 16 kills and only one hitting error for a .429 team hitting percentage. Although the game was a seesaw battle early, the Black Knights pulled away and never looked back. With the score knotted at 10-10.

Army strung together a 17-5 run to put the game out of reach for Hartford. Stampfler tallied four consecutive service aces in the burst.

Cassidy finished with a career-high 19 kills and 13 digs for her second consecutive double-double. Kennedy also posted a double-double with 11 kills and 13 digs, while Wynn chipped in 10 kills and three total blocks. Brown led the Black Knights with 14 digs while Casciato set up 40 of Army's 59 kills. The Hawks' Brianne Paulson amassed 20 digs while Bailey netted 17.

In other invitational action, Portland State walked away from the two-day tournament as the only unbeaten team after knocking off Air Force, 3-0. Air Force picked up its second victory of the weekend with a 3-0 sweep over Marist, while Hartford also shutout the Red Foxes, 3-0.

The Black Knights return to action on Friday Sept. 5 at the Sacred Heart Invitational in Fairfield, Conn.



Marne Scoreboard

Aerobics

Newman Fitness Center

Mondays

Latino Rhythm 7:30 to 8:30 a.m.
Busy Feet Workout 9 to 10 a.m.
4:30 to 5:30 p.m.

Tuesdays

Butts and Gutts 7:30 to 8:30 a.m.
Basic Training Workout 9 to 10 a.m.
Cardio-Stepping 4:30 to 5:30 p.m.

Wednesday

Caliente 7:30 to 8:30 a.m.
Cardio Kick-boxing 9 to 10 a.m.
Step-kicking 4:30 to 5:30 p.m.

Thursday

Basic Training Workout 9 to 10 a.m.
4:30 to 5:30

Fridays

"Master C" Workout 7:30 to 8:30 a.m.
"Killer Friday" 9 to 10 a.m.
4:30 to 5:30 p.m.

Saturdays

"Pick Your Poison" 9 to 10 a.m.

Tournaments

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Army News Service

FORT LEE, Va. — Five military athletes will soon take history. They'll be featured on the covers of cereal boxes.

The Armed Forces Sports Office has teamed with corporate partner General Mills to honor five armed forces athletes on a 2003 commemorative Cheerios box. Army, Marine Corps, Navy, Air Force and Coast Guard athletes are featured on the boxes, which include action shots and short biographies of the athletes outlining their accomplishments as both military members and armed forces athletes.

The special boxes will be found exclusively in commissaries worldwide during September, or while supplies last.

"This box is an exciting partnership for the Armed Forces Sports Program," said Suba Saty, Armed Forces Sports secretariat. "The box recognizes more than the five athletes on the box — it recognizes the accomplishments of all armed forces athletes!"

"One of our main goals is to bring visibility to the Armed Forces Sports Program and the accomplishments of our athletes," said Rob Hansgen, also of Armed Forces Sports.

The featured athletes will sign autographs and talk to shoppers during appearances at their "hometown" commissary, or near where they are training for competition, in late August or September.

Appearances are scheduled at commissaries at Fort Carson, Colo., Selfridge Air National Guard Base, Mich., Lakehurst Naval Air Engineering Station, N.J., Marine Corps Base, Quantico, Va., Ramstein Air Base, Germany, and Los Angeles Air Force

Base.

Soccer star and Air Force Female Athlete of the Year Kristy Kuhlman's appearance at Los Angeles Air Force Base commissary on Sept. 6 to coincide with the kickoff of the Defense Commissary Agency's third annual "Worldwide Case Lot Sale." According to Store Director Art Wescott, "This will really generate a lot of excitement.



We're thrilled to have a local athlete on a cereal box featured in the commissary."

Kuhlman said, "Appearing on the Armed Forces commemorative Cheerios box is going to be a very surreal experience for me. I am grateful for the support the military gives its athletes and the opportunity to compete in armed forces, national and international competitions."

"The men and women who participate in the Armed Forces Sports Program while still maintaining a full-time military career should be an inspiration to us all," said Mike Goetzmann, senior development manager for General Mills.

Featured on the cereal boxes:

Army Sgt. Dremiel Byers, a supply specialist and member of the U.S. Army World Class Athlete Program in Colorado Springs, Colo. Byers was crowned the 2002 Greco Roman Wrestling champion (264 lbs.) and won the 2003 Hungarian Grand Prix. Byers was named the 2002 Male Athlete of the Year for the Army and is now training to make the 2004 Olympic team.

Marine 1st Sgt. Douglas Marocco, a senior enlisted advisor at Marine Corps Base, Quantico, Va. In addition to his many military duties, Marocco is one of the armed forces' top triathletes competing in national and international championships throughout the year. Marocco is a former Armed Forces and two-time Marine Corps Athlete of the Year.

Navy Lt. j.g. Henry Nuzum, is a Tomahawk missile officer and recently served aboard the USS John S. McCain. Nuzum. He competed in the 2000 Olympic Games in rowing and is focused on making the 2004 Olympic team.

Air Force 2nd Lt. Kristy Kuhlman is a contracting officer at the Space and Missile Command at Los Angeles Air Force Base. Kuhlman is a 2001 graduate of the Air Force Academy, Colorado Springs, Colo., and currently holds numerous women's soccer records at the academy. She was named most valuable player at the 2002 World Military Women's Soccer Championship and is the reigning 2002 Female Athlete of the Year for the Air Force.

Coast Guard Aviation Maintenance Technician Steven Mlujeak one of the armed force's top cyclists, placing first among military competitors in the 2000 Olympic trials. He is currently training for the 2004 Olympic trials.

Woman wins national rifle championship

Paula J. Randall Pagan

U.S. Army Marksmanship Unit PAO

FORT BENNING, Ga. — She says she's "just one of the guys." But when this female soldier triumphed over hundreds of the country's best rifle shooters, she became the first woman to win a particular national shooting title.

Shooting her M-16A2, Spc. Liana Bombardier, a U.S. Army Marksmanship Unit service rifle shooter, won the Service Rifle National Long Range Rifle Championship at Camp Perry, Ohio. Bombardier garnered the Billy C. Atkins

Trophy as the highest scoring service rifle shooter in the National Highpower Rifle Long Range Championships Aug. 15 - 18.

The 21-year-old soldier is the first woman in the 100-year history of the matches to win the trophy awarded to the service rifle (now a M-1, M-14 or M-16) shooter with the highest aggregate score over the entire championships.

"The Atkins Trophy is a hard trophy to win and I was thrilled to find out I had won it," Bombardier said. "I was behind by 5 points going into the last day of competition. I shot well that last day and came up ahead. I never thought I was going to win

it."

Bombardier also fired her M-16A2 in matches at 600, 800, 900 and 1,000 yards, and won the Service Rifle Category in the Palma Individual Trophy Match and the High Master Category in the Porter Trophy Match. She also won the Annie Oakley Trophy for being the best female shooter in this year's Interservice Championships at Quantico, Va.

"I attribute my success to the great equipment, the gunsmiths and the coaching staff behind the line giving shooters' advice and help," Bombardier explained.

And how does she feel about being the

lone female training with more than a dozen of the Army's best male shooters on the USAMU Service Rifle Team?

"I get treated like everyone else, but I expect a lot of myself," she said. "I would like to tell other shooters, especially women, to get out there, practice and enjoy the competition."

Bombardier started shooting in 1995. She was the 2001 Junior Service Rifle National Champion, a member of the 2000 Trophy Cup Championship Team and won the Arizona State Junior Service Rifle Championship in 1996, 1999, 2000 and 2001.



Ask the dietitian

Special to The Frontline

Q *How much sugar is a person allowed in a day? Is there a difference between the sugar from a candy bar and sugar from fruit, bread or milk? How can I reduce sugar intake in my diet?*

The limit recommended by United States Department of Agriculture for added or refined sugar, not carbohydrates, is approximately 40 grams a day—that is about equivalent to about 10 teaspoons. This is no where near America’s consumption rate.

Refined sugars found in foods such as sweetened cereals, soft drinks, and sugary snacks figure far too prominently in our diet. There has been a 20 percent rise in American consumption over the past two decades. In 1981, the average person consumed 85 pounds of sugar a year; by 2001 it had soared up to 105 pounds per person per year. That’s over one quarter of a pound (115 grams) per day or about 30 teaspoons a day. Americans are eating three times over the recommended sugar limit.

Consumption of any sugar, be it from fruit, milk or bread is broken down into glucose so your body can use it as fuel. However, your body reacts differently to a sugar concentrated candy bar or soft drink than if you had, say, an apple, which contains sugar, but also fiber and other nutrients.

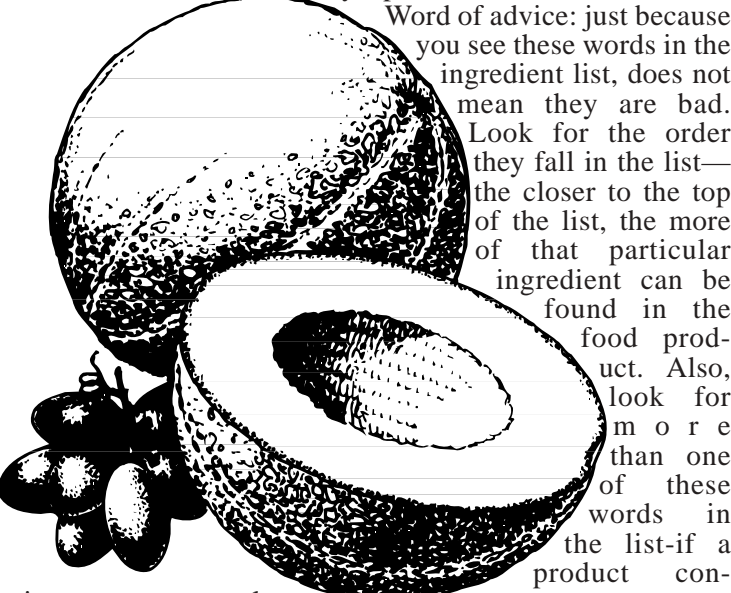
First of all, an apple contains less total sugar than the candy bar or soft drink. Also, the fiber and other nutrients in the apple help slow the digestion of the sugar, preventing a large surge of glucose in your system. Conversely, repeatedly downing the concentrated refined sugar in a candy bar without the fiber and other nutrients can send your body into overdrive. The more concentrated sugar, the more insulin your body produces to process the glucose level in your system, sometimes with not so perfect results. In other words, the insulin response to gauge the glucose in your system from such a high and quick glucose surge is sometimes too good, now resulting in a lower than normal glucose level. Now what happens? You crave more sugar to bring the glucose level back up to normal. This spike and crash scenario sets people up for a lifetime of unhealthy snacking.

What does this have to do with health? Too much refined sugar and consequently high blood sugar is directly related to high triglycerides, a condition found to raise LDL cholesterol (the bad type). Furthermore, refined sugar foods replace more nutritious foods. By displacing foods with protective nutrients, refined sugar foods play a large yet not so obvious role in risk for disease. And lest we forget, more sugar means more calories, which translates into weight gain and prevalence of obesity.

Obvious sources of refined sugar are sweetened cereals, candy, candy bars, high sugar beverages, pastries, cakes, and cookies. Some hidden sources include fat free or low fat foods, canned fruits, spaghetti sauces, and other sauces used to improve the taste of food, some soups, and salad dressings.

Read the food label and look for these words in the ingre-

dient list that identify added sugars: corn syrups, dextrose, fructose, glucose, honey, lactose, maltose, maple sugar or syrup, molasses, and sucrose.



Word of advice: just because you see these words in the ingredient list, does not mean they are bad. Look for the order they fall in the list—the closer to the top of the list, the more of that particular ingredient can be found in the food product. Also, look for more than one of these words in the list—if a product contains corn syrup, maltose

and sucrose, it is likely to be high in added sugars.

To clear up the bad reputation of the potato, if the skin is eaten that’s where the fiber is! Fiber slows the release of glucose into the system. The toppings you put on a potato can be far worse than the potato itself! Plus, there are several nutrients found in a potato.

Sugar itself is not bad, it’s the American habit of eating too much of it. Remember, no food should be eliminated (unless you have food allergies), but simply limited. Use the 90-10 rule—90 percent of your daily food intake should be the healthy wholesome food, 10 percent can be what we call “junk food”. Moderation is the key.

Q *My family and I wait all year for summer to enjoy good tasting cantaloupe, honey dew melon and watermelon. Since I do the shopping, they rely on me to pick out the best, but I don't know what I am looking for. I always manage to disappoint them. Do you have any tips on how to tell what's a good pick?*

Selection of melons for quality and flavor is difficult, challenging the skill of even the most experienced. Although no absolute formula exists, considering several factors when judging a melon will increase the likelihood of success. Hope these tips help. Good luck.

•Cantaloupe: The netting or veining should be thick and coarse, standing out boldly over some part of the surface.

The skin color between the netting should be a pale yellow. Signs of ripeness reveal a pleasant cantaloupe aroma and yield slightly to light thumb pressure on the blossom end of the melon. Most cantaloupes in the stores have not reached the best eating stage. Hold at room temperature for two to four days before serving to allow complete maturity. Avoid buying a pronounced yellow color, and soft mushy rind. This

indicates overripeness.

•Honey Dew: Look for a soft, velvety texture, with slight softening at the blossom end. A yellowish-white to creamy rind color and a faint fruit aroma indicates proper ripeness. Avoid a dead-white or greenish-white color and a hard smooth texture—these are signs of immaturity.

•Watermelon: If uncut, the surface should be relatively smooth, the ends filled out and rounded, with the underside of the melon having a creamy color. If the melon is already cut, it is much easier to make a good selection. Look for firm, juicy flesh with a good red color that is free from white streaks. Seeds should be dark brown or black. Avoid melons with pale-colored flesh, white streaks, and pale seeds. Dry, mealy or watery stringy flesh are signs of overmaturity.

Q *Since I have found out I am diabetic, and now trying to control that and lose weight, I try to eat fiber at every meal. Can you get too much fiber?*

Yes, it is called “too much of a good thing”. The goal is about 25-30 grams of fiber daily. The average American gets only about 10-15 grams of fiber per day, and there is a need to focus on reaching the daily goal. However, getting too much fiber on a daily basis can interfere with absorption of other nutrients which could lead to nutritional depletion.

Eating fiber at meals and snacks is a healthy practice. It is a must for weight loss. Fiber helps fill you up faster, and keeps you satisfied longer in between meals and snacks. Fiber by itself has no calories, yet has a metabolism raising effect on your body.

Fiber can be very helpful in controlling diabetes since it slows down the release of food from the stomach, thereby taming the rise and fall of blood sugar. It also produces a more gentle insulin response since the overall rise in blood sugar is not as high as would be without fiber.

If cholesterol control is a concern, consuming the daily goal of fiber shows to promote healthy levels of cholesterol and triglycerides. Fiber absorbs excess cholesterol and assists in excretion from the body. In fact, cholesterol-lowering medications called Fibric Acids act in a similar fashion.

And let’s think about the most common benefit of fiber—regularity. Who actually wants to be constipated? An additional advantage to “keeping the colon rollin’” is the reduction in risk for colon cancer by 50 percent. Fiber fights other forms of cancer, as well.

One very important tip when increasing fiber in your diet is to increase water consumption as well. Not drinking enough water can cause dehydration, as fiber is like a sponge absorbing water as it moves along the intestinal tract. Another side effect of not drinking enough water with increased fiber ironically is constipation — you have to have enough water or you will get the cement effect.

Balance the right amount of fiber within a healthy diet, and plenty of water along with moderate exercise and you will be on the right track to losing weight, controlling diabetes and feeling great.